

Family Support Center & Community Wellness Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 0900-1100 Body Composition Improvement Program	2 1300 Tobacco Pre-Screening 1200-1400 HLW	3
4	5 Labor Day	6 Training Day 0900 -1330 Adult CPR	7 0900-1030 Fitness Improvement Program 1000-1100 Dorm Brief 1300-1430 Tobacco Cessation Class 1 1330 Pre-Sep Briefing	8 0900-1330 Infant & Child CPR 1130-1300 Single Parent Support Group	9 0830-1130 Starting your Own Business 1200 Key Spouse	10 1800 - 2400 Give Parents a Break
11	12 0900-11 Unit Sponsor Training	13 0900-1300 First Aid Course	14 0730 Physical Training 1200-1400 HLW	15	16 0730-1530 VA Benefits Briefing	17
18	19	20 0800-1200 Smooth Moves 1200-1400 HLW 1200-1300 Car Buying Seminar Briefing	21 1330 Pre-Sep Briefing 0830 Preparing for Federal Employment 0900-1030 Fitness Fundamentals 0900-1600 DC Bus Tour 0800-1600 Career Transition Workshop	22 1000 & 1500 1000-1100 Personal Financial management 1100-1230 Happiest Family on the Block	23 0830 -1100 123 Magic	24
25	26 0900-1030 Fitness Improvement Program	27 0800-1600 DADS 101 0830-1430 Acing the Interview 1200 Healthy Living Workshop	28 1330 Pre-Sep Briefing	29 1030-1200 "Fish"	30	31

**FAMILY SUPPORT CENTER,
1191 MENOHER DR, (301) 981-7087**

CAREER/TRANSITION

9 Sep Starting your Own

Business: Held at Small Business Administration's Business Information Center. SBA staff discusses the many services provided to entrepreneurs. Family Support Center provides transportation, 0830-1600.

13-15 Sep - Career Transition

Workshop: Teaches members and spouses job search skills, including networking for job leads, resume writing, professional image & job interviewing, 0730-1600.

16 Sep - Veterans' Benefits Day:

Learn about TriCare and Survivor Benefit Plan (SBP) benefits for retirees, as well as **VA** benefits for **all** separates and retirees, including how to file a disability claim. 0730-1500.

21 Sep - Preparing for Federal

Employment: Information about federal job opportunities and guidance to completing federal job applications, resumes and KSA statements, 1300-1600.

27 Sep - Acing the Interview:

Learn what to expect, how to prepare & how to successfully close and follow up on an interview., 0830 - 1430

Wed - Pre-sep Briefing:

Mandatory for separating and retiring military members NLT 90 days prior to date of separation/retirement, 1330-1530.

Mon & Wed - Maryland Job

Service, offering job search assistance & labor market information. Call (301) 981-9210.

FAMILY LIFE

8 Sep - Single Parent Support

Group: Learn the pros of having an effective support system and networking group, 1130-1300.

29 Sep - "Fish": Learn to put the passion back into your work and family using the Fish philosophy, 1030-1200.

FINANCES/AFAS

7 or 21 Sep - Dorm Brief:

Mandatory for airmen desiring to move from the dorm, 1000-1100.

13 Sep - Credit Reports: Learn to understand credit reports, how to obtain, read and correct any derogatory information, 1000-1100.

20 Sep - Car Buying Seminar:

Car Buying: Whether you are buying new or used, learn to choose the right vehicle, 1200-1300.

22 Sep - Personal Financial

Management: Provides members with information on establishing and maintaining a realistic budget, 1000-1100.

READINESS

9 Sep - Key Spouse Program:

Training unit appointed volunteer spouses who support family members by providing them with information, outreach and support, 1200.

Mon ,Wed & Fri - Re-deployment

Briefing: Mandatory for those returning from deployment before going on leave. Families are encouraged to attend 1300.

Tue & Thu - Deployment

Briefings: For personnel deploying, TDY or remote 30 days or more. Family members are encouraged to come, 1300.

RELOCATION

12 Sep - Unit Sponsor Training:

Provides information and materials on how to be a sponsor, 0900-1100.

21 Sep - Newcomers DC Bus

Tour: Provides an overview of the historic downtown DC area and a "Metro 101", How to ride the Metro, 900-1600.

13 Sep - Smooth Moves:

One-stop shop for PCS information. Learn about shipping household goods, finances, using checklists, traveling with pets and more, 0800-1200

SCHOOL LIAISON OFFICER

and MAYORAL PROGRAM

(301) 981-0057

The SLO provides a wide range of resources to facilitate educational experiences for family members of DOD employees. Additionally, the SLO manages the Mayoral Program in our housing areas. Programs are organized to provide the Andrews AFB Community with a common focal point for school and housing related concerns.

FAMILY ADVOCACY OUTREACH

(240) 857-7508/9680

23 Sep - 1 2 3 Magic: Parenting class for parents of children aged 2-12. Bldg 56 0830-1100.

Every Tue - Infant University:

Playgroups for parents and infants, 3-18 mos, 0930-1030. **Toddler University:** Playgroups for parents and toddlers, 18-36 mos. Bldg 4700,1030-1130.

NEW PARENT SUPPORT,

(240) 857-7501

22 Sep - "Happiest Family on the Block": For parents of infants under 3 months or parents of toddlers. Learn to calm a crying infant or stop the daily battle of wills with toddlers. Bldg R56, 1100-1230.

27 Sep - DADS 101: For new dads or dads to be. Learn how to care for your newborn. Held at Chapel 3. Taught by dads for dads. 0800-1600.

DRUG DEMAND REDUCTION

(240) 857-8244/8242

Drug testing and prevention services for members and DOD civilians. Classes and programs for youth.

SUBSTANCE ABUSE SERVICES

(240) 857-8950/2966

HEALTH AND WELLNESS

CENTER, BLDG 1442, (240) 857-HAWC (4292)/5601

Check the PHP website

<https://www.amc-ids.org/php> for class dates and time or call the HAWC.

1 & 15 Sep - Body Composition

Improvement Program: Learn how changing your diet to loose body fat, 0900-1100 Second class on the following Tue (3rd or 17th) 1200-1400.

1 & 22 Sep - Unit Fitness

Program Manager Training: Mandated training for all appointed Unit Fitness Program Managers on how to administrate the USAF Fitness Program

2,13,20&27 Sep - Healthy Living

Workshop: Basic goal setting, nutrition and fitness workshop, 1200-1400.

6 Sep - Tobacco Pre-Screening:

1400.

7 & 26 Sep - Fitness

Improvement Program: An intense exercise program designed to assist you in developing and maintaining a safe and effective fitness regimen, 1415-1545.

7,14,21 &28 Sep - Tobacco

Cessation: 4 sessions, and 1300-1500.

14 & 15 Sep - Physical Training

Leader Course: A 2-day comprehensive course to provide PT Leaders the knowledge, skills and abilities to safely and effectively lead fitness training and testing at unit level. Call HAWC for more information.

21 Sep - Fitness Fundamentals:

Introduction to starting/reviving your exercise program, 0900 -1030.

27 Sep - Tobacco Pre-Screening: 1300.

Monthly Health Observance:

National Cholesterol Education

Monthly Health Screening:

Cholesterol Screenings. Call for info.

Mon, Wed & Fri - Spinning

Class: A physical journey/workout class on a stationary cycle, 1200-1300.

Mon-Fri - Blood Pressure Screening: Walk in.

Mon Moms on the Move:

Exercise class, 1530-1615.

LIFE SKILLS SUPPORT CENTER

BLDG. 1049, (240) 857-7186

Every third Thu - **Suicide Prevention**

Violence Awareness Make up

Brief for Base: Hospital 4th floor room D4, 1000 & 1500. Approx 45 min.

FAMILY MEMBER FLIGHT

CHILD DEVELOPMENT,

BLDG. 3783, (301) 981-3323

FAMILY CHILD CARE, BLDG.

4570,

(301) 981-9981

Looking for dedicated Family Child Care providers? For individuals wishing to become licensed FCC Providers call Ms. Donna Meador, FCC Coordinator.

RESOURCE AND REFERRAL,

BLDG 4570, 301-981-9981

10 Sep - Give Parents a

Break/Parents Night Out: for children 6 weeks to 12 years, 1700-2300. Held 3rd Sat of each month. New participants call Supplemental Programs & Services at (301) 981-9981

YOUTH CENTER, BLDG. 4700, (301) 981-KIDZ (5430)

Placement still available for Before and After School Care. Visit the Resource and Referral office for additional information.

CHAPEL PROGRAMS (301) 981-2111

Every Sunday **"New Life Worship Service":** Come and enjoy a multi-media worship experience, Chapel 3, 1800.

Every Sunday **"Comfortable! Loving! Inviting!"** If that is what you are looking for in a church environment, then come join us each Sunday morning at 0830 in the Chapel One Sanctuary for a fellowship-styled worship experience.

AMERICAN RED CROSS

(240) 857-6008/2902

6 Sep - Adult CPR: 0900-1330

8 Sep - Infant & Child CPR: 0900-1430

13 Sep - First Aid: 0900-1300.

15 Sep - Standard First Aid

(includes CPR): 0900-1430.

6&13 Sep - Babysitting: 1300-1700.

Pre-registration is required. To register call 301-599-8500 ext. 111.